

2019-2020 SKATE CANADA ICE DANCE COMPETITIVE TECHNICAL REQUIREMENTS GUIDE

TABLE OF CONTENTS

| REVISED | DESCRIPTION | PAGE |
|----------------|---|-------------|
| October 30 | Pattern Dances – General Information | 2 |
| | Pattern Dance Draws | 4 |
| | Pattern Dances - Novice Pattern Dance Key Points | 5 |
| August 8 | Rhythm Dance – General Information | 6 |
| | Rhythm Dance – Required Elements | 8 |
| August 1 | Rhythm Dance - Pattern Dance Element Key Points | 10 |
| October 30 | Pattern Dance and Pattern Dance Element Music Information | 11 |
| | Free Dance – General Information | 12 |
| | Free Dance – Required Elements Pre-Juvenile to Novice | 13 |
| | Free Dance – Required Elements Junior/Senior | 14 |
| | Marking | 15 |
| | Rhythm Dance and Free Dance – Additional Information | 16 |
| August 8 | Links to ISU and Skate Canada documents | 18 |
| | Junior Rhythm Dance – Tea-Time Foxtrot | 19 |
| | Senior Rhythm Dance - Finnstep | 20 |

General Information for Pattern Dances

| | | |
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| First sequence must be executed on the same side as the judges' stand | If not, referee will stop the couple and instruct them to restart on the correct side | No deduction |
| Introductory steps | Pre-Juvenile/Juvenile: maximum 7 | Pre-Novice/Novice: not to exceed the introductory phrasing of the music. |
| Final pose time violation | Must reach final movement/pose within 20 seconds after completion of the last step of the Pattern Dance | Referee will deduct for up to every five seconds in excess of 20 seconds after the last prescribed step to the ending movement/pose |
| Music Each team must submit their own pattern dance music at competition registration, even if using Skate Canada Series 8 or ISU Music | Pre-Juvenile/ Juvenile: Music chosen must be from Skate Canada Series 8 or from the Skate Canada Contemporary Music Selections. <u>For teams selecting their own music, the Referee will time the dance for correct tempo. To ensure consistency of process, the complete dance will be timed from the start of Step 1 until the end of the last step of the dance. Refer to the chart on page 11 for the range of tempo and duration of each pattern dance.</u> | Pre-Novice/Novice: Music must be chosen in accordance with the rhythm of the Pattern Dance and may be vocal. Tempo must remain constant throughout and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute (plus or minus 3 beats per minute for waltz rhythms). If choosing a tune from the ISU Ice Dance Music, only tunes 1 to 5 can be used. Violations of music requirements or tempo specifications will be penalized as per specifications (-2.0 for music, -1.0 for tempo) |
| Warm-up: 3 minutes 30 sec. without music followed by 2:30 with music Maximum 6 couples | Pre-Juvenile/Juvenile: 2:30 min. of music will be from Skate Canada Series 8 | Pre-Novice/Novice: 2:30 min. of music will be tune 6 of ISU Pattern Dance music |
| Interruptions/Falls | Resumed at the nearest technically practical point which must be after the point of interruption | If less than 50% of the section/sequence is completed due to a fall or interruption the section/sequence will have no value |
| Costume and prop | <ul style="list-style-type: none"> • Must be modest, dignified and not give the effect of excessive nudity • Must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in ISU Rules (Rule 501) • Accessories & props are not permitted | <p>Costume and Prop Referee + Judges Deduction: -1.0 per program</p> |

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| <p>Calling Process without Key Points</p> | <p>Technical Controller (TC) identifies Sequences/Sections of the Pattern Dance as Level Base when 50% of the Sequence/Section is completed by both partners; Level 1 when 75% of the Sequence/Section is completed by both partners</p> <p>TC also identifies and calls falls. If a TC is not available at non-qualifying events, the referee may perform this function.</p> |
| <p>Calling Process with Key Points</p> | <p>Technical Panel determines the Level of every Section/Sequence. At Novice level, all 4 Key Points are called (Y, N, T) but capped at maximum of Level 3 even if all 4 Key Points are achieved</p> |
| <p>New ISU definition of Cross Roll (forward/backward)</p> | <p>Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement. For cross rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.</p> |
| <p>Pattern Dance Diagrams</p> | <p>Skate Canada Pattern Dance Competitions Technical Requirements</p> |
| <p>ISU Pattern Dance Videos</p> | <p>Skate Canada Skating Development Video Library</p> |

Pattern Dance Draws

| 3-minute warm-up | | Summer | Fall/ Sectionals | Challenge | Canadians |
|--|--|--|--|--|--|
| All pattern dances will be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand | | | | | |
| Pre-Juvenile | Music must be chosen from SC Series 8 or SC Contemporary Music Selections | | | | |
| | Pattern Dance 1 | Fiesta Tango: 3 GOEs 3 Sequences | Fiesta Tango: 3 GOEs 3 Sequences | N/A | N/A |
| | Pattern Dance 2 | Willow Waltz: 2 GOEs 2 Sequences | Willow Waltz: 2 GOEs 2 Sequences | N/A | N/A |
| Juvenile U16 | Music must be chosen from SC Series 8 or SC Contemporary Music Selections | | | | |
| | Pattern Dance 1 | Willow Waltz: 2 GOEs 2 Sequences | Willow Waltz: 2 GOEs 2 Sequences | N/A | N/A |
| | Pattern Dance 2 | Foxtrot: 4 GOEs 4 Sequences | Foxtrot: 4 GOEs 4 Sequences | N/A | N/A |
| Pre-Novice U18 | ISU (not tune 6) or choice of music that meets tempo specifications | | | | |
| | Pattern Dance 1 | Rocker Foxtrot: 4 GOEs 4 Sequences | Starlight Waltz: 4 GOEs 2 Sequences 4 Sections Steps 1-17 & 18-32 | Starlight Waltz: 4 GOEs 2 Sequences 4 Sections Steps 1-17 & 18-32 | N/A |
| | Pattern Dance 2 | Paso Doble: 3 GOEs 3 Sequences | Paso Doble: 3 GOEs 3 Sequences | Paso Doble: 3 GOEs 3 Sequences | N/A |
| Novice Women U19 Men U21 | ISU (not tune 6) or choice of music that meets tempo specifications. | | | | |
| | Pattern Dance 1 | Starlight Waltz: 4 GOEs 2 Sequences 4 Sections Steps 1-17 & 18-32 | Starlight Waltz: 4 GOEs 2 Sequences 4 Sections Steps 1-17 & 18-32 | Starlight Waltz: 4 GOEs 2 Sequences 4 Sections Steps 1-17 & 18-32 | Starlight Waltz: 4 GOEs 2 Sequences 4 Sections Steps 1-17 & 18-32 |
| | Pattern Dance 2 | Quickstep: 4 GOEs 4 Sequences |
| Key points called to maximum Level 3 | | | | | |

Key Points for Novice Pattern Dances

Starlight Waltz

| Pattern Dance Element (1SW) | Key Point 1 Lady Steps 9 to 10 (RBOI, LBO-SwR) | Key Point 2 Man Steps 9 to 10 (LFOI, RFO-SwR) | Key Point 3 Lady Steps 16 to 17 (LFO CIMo, RBO) | Key Point 4 Man Steps 16 to 17 (RBO, LBI-Pr, RBO) |
|-----------------------------|--|--|--|---|
| Key Point Features | 1. Correct edges 2. Correct change of edge (#9) | 1. Correct edges 2. Correct change of edge (#9) | 1. Correct edges 2. CIMo - correct turn 3. CIMo - correct placement of the free foot | 1. Correct edges |
| Pattern Dance Element (2SW) | Key Point 1 Lady Steps 21 & 22 (LFI, OpMo, RBI) | Key Point 2 Man Steps 27 to 28 (CR-RFO, CR-LFO3) | Key Point 3 Lady Steps 31 (CR-RFO-SwR) | Key Point 4 Man Steps 31 (CR-RFO-SwR) |
| Key Point Features | 1. Correct edges 2. Correct turn 3. Correct placement of the free foot | 1. Correct edges 2. Correct turn | 1. Correct edge 2. Correct swing movement of free leg | 1. Correct edge 2. Correct swing movement of free leg. |

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step

Quickstep

| Each Sequence: QS1Sq, QS2Sq, QS3Sq, QS4Sq | Key Point 1 Lady's Steps 5 to 7 LFO SwclCho RBIO XB-LBI | Key Point 2 Man Steps 5 - 7 LFO SwclCho RBIO XB-LBI | Key Point 3 Lady Steps 11 & 12 (LFI, RFI) | Key Point 4 Man Steps 11 & 12 (LFI, RFI) |
|---|--|--|---|--|
| Key Point Features | 1. Correct Edges 2. Correct Foot Placement 3. Correct Turn | 1. Correct Edges 2. Correct Foot Placement 3. Correct Turn | 1. Correct edges | • Correct edges |

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step.

* Cross roll (forward/backward) – Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

** For cross rolls, while the free foot is passing the skating blade/foot, the placement on the ice with the new skating blade/foot is not required to be on an outside edge.

General Information for Rhythm Dance

| | Specifications/Requirements | | Violations |
|---|--|---------------------------------------|--|
| Duration | Junior/Senior | 2 minutes 50 seconds (+/- 10 seconds) | Program time: Referee deduction: -1.0 up to every 5 sec lacking or excess |
| Music – General | <ul style="list-style-type: none"> • May be vocal and must be suitable for Ice Dance as a discipline • Must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable • Must have audible rhythmic beat • May be without audible beat for up to 10 seconds only at the beginning of the program | | Music Requirements: Referee + Judges Deduction: -2.0 per program – incorrect rhythm, lack of audible beat |
| Music - Specific to 2019-2020 Season | <p>From Musicals and/or Operettas</p> <ul style="list-style-type: none"> • All selected music should be recognized as from one of the following rhythms: Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz. The number of rhythms is not restricted. The selected music may be from the same or different musicals and/or operettas. • The exception is music for the Junior Tea-Time Foxtrot Pattern Dance Element, which does not have to be from a musical/operetta. • Musical and/or operetta can be a play (on the stage) or film in which music, singing and/or dancing play an essential part "to tell the story." Juke Box Musicals are allowed (examples - Mamma Mia, Jersey Boys) • Music from movie soundtracks which are not movie musicals such as Mr. and Mrs. Smith, A Star is Born or soundtrack music from movies such as Star Wars, James Bond are "compilations of music/songs/tracks" and not a "musical". • When submitting the music information, couples must include the title(s) of the musical/operetta and the rhythms selected for the Rhythm Dance. | | Referee deduction -1.0 per program – violation of tempo specification |
| Pattern | <ul style="list-style-type: none"> • Pattern must proceed in a generally constant direction; must cross the long axis of the ice surface once at each end of the rink within no more than 30 metres (short axis) of the barrier • Couple may also cross the long axis once at the entry and/or exit to the Style B Step Sequence and at the entry to the Pattern Dance Element • Loops are permitted provided they do not cross the long axis | | Choreography Restrictions: Applied to violations outside of elements Note: crossing the long axis in the Pattern Dance Element in the Rhythm Dance is a choreographic restriction deduction. Crossing the long axis at the |
| Stops | <ul style="list-style-type: none"> • After the clock has started with the first movement, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program • During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted • A dance spin or chorographic spinning movement that does not travel will be considered as a stop | | |

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| <p>Separations</p> | <ul style="list-style-type: none"> Partners must not separate except to change hold or to perform required elements requiring a separation Distance allowed is maximum 2 arms length apart during such separations Change of hold and turns as transitional elements must not exceed one measure of music Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation | <p>entry to the PDE is not considered a pattern violation Tea-Time Foxtrot: crossing the long axis on steps 10-12 and retrogressing steps 13-15 are not considered pattern violations. Finnstep: crossing the long axis on steps 19-21 is not considered a pattern violation</p> <p>Referee + Judges Deduction: -1.0 per program</p> |
| <p>Touching ice with hand(s)</p> | <p>Not permitted</p> | |
| <p>Costume and prop</p> | <ul style="list-style-type: none"> Must be modest, dignified and not give the effect of excessive nudity Must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in ISU Rules (Rule 501) with further information in ISU Communication 2239 Accessories & props are not permitted; no part of the costume may be used as any support in a lift | <p>Costume and Prop Referee + Judges Deduction: -1.0 per program</p> |
| <p>Illegal Elements/Movements</p> | <p>See list on page 16</p> | <p>Technical Panel -2.0 per violation</p> |

Rhythm Dance Required Elements

| Elements | Junior Rhythm Dance | Senior Rhythm Dance |
|--|--|---|
| <p>Pattern Dance Elements (PDE)</p> | <p>Two (2) Sections of Tea-Time Foxtrot to be skated one after the other Section 1 steps 1-31 (1TTF) Section 2 steps 32-54 (2TTF)</p> <p>Section 1 followed by Section 2 with step #1 skated in front of the Judges on the side of the Judges</p> <ul style="list-style-type: none"> The PDE must be skated to the Foxtrot rhythm in the style of the Foxtrot, with the range of tempo: 27 measures of 4 beats per minute +/- 2 beats per minute (108 beats per minute +/- 2 beats) The tempo of the music throughout the PDE must be constant The first step of the dance begins on beat 1 of a musical phrase For the Tea-Time Foxtrot and the required Foxtrot rhythm/tempo (108bpm), ballroom music selections in the style of Foxtrot are allowed even when not from a musical and/or operetta Variation of Foxtrot Hold is permitted Prescribed holds in twizzles may be different as long as contact between partners is maintained. Partners must remain in hold/contact/touch at all times, even during changes of holds and during twizzles | <p>One (1) Section of Finnstep to be skated on the side of the judges Section 1 steps 1-33 (1FS)</p> <ul style="list-style-type: none"> The PDE must be skated to the Quickstep, Charleston or Swing rhythm in the style of the chosen rhythm, with the range of tempo: 52 measures of 2 beats per minute +/- 2 beats per minute (104 beats per minute +/- 2 beats) The tempo of the music throughout the PDE must be constant It must be skated in strict time with the music The first step of the dance begins on beat 1 of a musical phrase <p>Pattern Dance Type Step Sequence (PSt), Style B:</p> <ul style="list-style-type: none"> Rhythm: Must be skated to the same rhythm selected for the PDE (Finnstep). Chosen tune may be the same as for Finnstep or different but must have the same tempo. Tempo throughout the PDE and PSt must remain constant and in accordance with the required tempo. This element is evaluated by the judges as one unit with a separate level being awarded to each partner. Duration: any exact number of musical phrases Pattern: Starting immediately following the slide and stop on step 33 of the Finnstep, concluding at the short axis (middle of the rink on the Judges' side Stops: after completion of step 33, a stop can be up to 5 seconds and is not counted as one of the permitted stops. No additional stops are allowed during the PSt. Holds: hand-in-hand with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of holds and during twizzles. Not Permitted: separations (except at the beginning of PSt), retrogressions or loops, hand-in-hand hold with fully extended arms <p>Judges will reduce the GOE for Not Permitted elements in the PSt</p> |

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| Dance Lift | Maximum one (1) Short Lift – maximum 7 seconds |
| Step Sequence | <p>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following types of patterns: Midline, Diagonal</p> <p>Specifications to Style B Rhythm Dance 2019-2020 season: Must be skated to a different rhythm than the one chosen for the Pattern Dance Element (Junior and Senior) and Pattern Dance Type Step Sequence (Senior)</p> <ul style="list-style-type: none"> • Separations permitted, no more than 2 arms length • 1 pattern retrogression up to 2 measures of music is permitted and may start from the permitted stop • Loops NOT permitted • The hold requirement is not considered for Level <p>Note: dance spins and pirouettes are stops</p> |
| Sequential Twizzles | <p>One (1) Set of Sequential Twizzles (evaluated as one unit with a Level given for each partner)</p> <ul style="list-style-type: none"> • At least 2 twizzles for each partner; must NOT be in contact between twizzles • Up to 1 step between twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step) <p>May be skated anywhere in the program except in the required Step Sequence</p> |

Tea-Time Foxtrot

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|---|---|---|---|---|
| Pattern Dance Element (1TTF) Steps # 1-31 | Key Point 1 Lady Steps 1, 9-11 (RFI3-RBO) (XF (crossover) RBIO WdCho, LFI, RFI-Tw2) | Key Point 2 Man Steps 1, 9-10 (RFI3-RBO) (XF (crossover) RBIO WdCho, LFI) | Key Point 3 Lady Step 27 (CR-RFO*-SwRk) | Key Point 4 Man Step 27 (CR-RFO*-SwRk) |
| Key Point Features | 1. Correct Edges 2. Correct Turn | 1. Correct Edges 2. Correct Turn | 1. Correct Edges** 2. Correct Turn 3. Correct Cross Roll* | 1. Correct Edges** 2. Correct Turn 3. Correct Cross Roll* |
| Pattern Dance Element (2TTF) Steps # 32-54 | Key Point 1 Lady Steps 40-41 (RFI-Pr3-CIMo, LFO) | Key Point 2 Man Steps 40-41 (RFI-Pr3-CIMo, LFO) | Key Point 3 Lady Steps 44-46 (RFO-Br, LBO, XF (crossover) - RBl- a brief touchdown – RBO) | Key Point 4 Man Steps 44-46 (RFO-Br, LBO, XF (crossover)- RBIO-Tw2) |
| Key Point Features | 1. Correct Edges 2. Correct Turn | 1. Correct Edges 2. Correct Turn | 1. Correct Edges 2. Correct Turn | 1. Correct Edges 2. Correct Turn |

The first step of the dance begins on beat one of a musical phrase.

Note: 1TTF, Key Point 1 & 2 - Foot placement during the WdCho must be at least one blade length apart.

Finnstep

| | | | | |
|---|---|---|--|---|
| Pattern Dance Element (1FS) Steps # 1-33 | Key Point 1 Lady Steps 20-21 (XB-LBO, XF-RBI/RBI Tw1½/RFO) | Key Point 2 Man Steps 20-21 (XB-LFI, RFO-Sw3/RBI Tw1/RBI) | Key Point 3 Lady Steps 32 & 33 (LFO Sw-CICho, RBI/RBO/RBO Tw1½/RFI slide into stop) | Key Point 4 Man Steps 32 to 33c (LFO Sw-CICho, RBI OpMo, LFI, RFI/RFI Tw1/RFI slide into stop) |
| Key Point Features | 1. Correct Edges 2. Tw1½ : correct Turn 3. XB-LBO: free leg crossed behind the skating leg below the knee 4. XF-RBI: free leg crossed in front of the skating leg below the knee | 1. Correct Edges 2. Sw3, Tw1: correct Turns 3. XB-LFI: free leg crossed behind the skating leg below the knee 4. Sw3/RBI: correct swing movement of the free leg | 1. Correct Edges 2. Sw-CICho, Tw1½: correct Turns 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg | 1. Correct Edges 2. Sw-CICho, Tw1: correct Turns 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg |

The first step of the dance begins on beat one of a musical phrase.

Pattern Dance and Pattern Dance Element Music Information

| Dance | Pattern | Rhythm | Required Sequences or Sections | Tempo / Beats per Minute (bpm) | Beats per Sequence | Measures per Sequence | Beats per Measure | Duration in Seconds per Sequence | Duration of Pattern Dance from step #1 to last step |
|------------------|----------|-------------------|-----------------------------------|---|--------------------|-----------------------|-------------------|----------------------------------|--|
| Fiesta Tango | Set | Tango 4/4 | 3 sequences | 27 measures of 4 bpm (108 bpm) +/- 2 bpm | 32 | 8 | 4 | 17.5 – 18.1 | 52.5 – 54.3 |
| Willow Waltz | Set | Waltz 3/4 | 2 sequences | 45 measures of 3 bpm (138 bpm) +/- 3 bpm | 54 | 18 | 3 | 23.1 – 23.8 | 46.2 – 47.6 |
| Foxtrot | Optional | Foxtrot 4/4 | 4 sequences | 25 measures of 4 bpm (100 bpm) +/- 2 bpm | 28 | 7 | 4 | 16.5 – 17.10 | 66.0 – 68.4 |
| Rocker Foxtrot | Set | Foxtrot 4/4 | 4 sequences | 26 measures of 4 bpm (104 bpm) +/- 2 bpm | 28 | 7 | 4 | 15.8 – 16.5 | 63.2 – 66.0 |
| Paso Doble | Optional | Paso Doble 2/4 | 3 sequences | 56 measures of 2 bpm (112 bpm) +/- 2 bpm | 32 | 8 | 4 | 16.8 – 17.5 | 50.4 – 52.5 |
| Starlight Waltz | Set | Waltz 3/4 | 2 sequences 2 sections in each | 58 measures of 3 bpm (174 bpm) +/- 2 bpm | 102 | 34 | 3 | 34.8 – 35.6 | 69.6 – 71.2 |
| Quickstep | Set | Quickstep 2/4 | 4 sequences | 56 measures of 2 bpm (112 bpm) +/- 2 bpm | 28 | 7 | 4 | 14.7 – 15.3 | 58.8 – 61.2 |
| Tea-Time Foxtrot | Optional | Slow-Fox 4/4 | 1 sequence 2 sections | 27 measures of 4 bpm (108 bpm) +/- 2 bpm | 27 (28) | 7 | 4 | 56.7 – 58.9 | 56.7 – 58.9 |
| Finnstep | Optional | Quickstep 2/4 | 1 section Steps 1-33 | 52 measures of 2 bpm (104 bpm) +/- 2 bpm | 1 section 32 | 8 | 4 | 1 section 20.3 – 21.2 | 20.3 – 21.2 |

For Pattern Dance Diagrams and percentages of steps, see the [Skate Canada Pattern Dances in Competition Technical Requirements General Information for Free Dance](#)

| | Specifications/Restrictions | | Violations |
|------------------------------------|--|--|--|
| Duration | Pre-Juvenile/Juvenile | 2 minutes (+/- 10 seconds) | Program time: Referee deduction: -1.0 up to every 5 seconds lacking or in excess |
| | Pre-Novice | 2 minutes 30 seconds (+/- 10 seconds) | |
| | Novice | 3 minutes (+/- 10 seconds) | |
| | Junior | 3 minutes 30 seconds (+/- 10 seconds) | |
| | Senior | 4 minutes (+/- 10 seconds) | |
| Music | <ul style="list-style-type: none"> All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate but in either case it must be obvious Must be suitable for the couple's skating skills and technical ability May be vocal and must be suitable for ice dance as a sport discipline Must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone May be without an audible rhythmic beat for up to 10 seconds at beginning or end of the program May be without an audible rhythmic beat for up to 10 seconds during the program | | Music Requirements: Referee + Judges Deduction: -2.0 per program |
| Stops | <ul style="list-style-type: none"> After the clock is started with the first movement, couple must not remain in one place for more than 10 seconds During the program, unlimited full stops of up to five (5) seconds are allowed | | Choreography restrictions: |
| Separations | <ul style="list-style-type: none"> The number of separations to execute transitional footwork or moves is unrestricted Distance allowed is maximum 2 arms length apart during separations (except during Choreographic Character Step Sequence) Duration of each separation (excluding Required Elements) can be no more than 5 seconds Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation | | Applied to violations outside of elements Referee + Judges Deduction: -1.0 per program |
| | Touching ice with hand(s) | <ul style="list-style-type: none"> Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence) | |
| Costume and Prop | <ul style="list-style-type: none"> Must be modest, dignified and not give the effect of excessive nudity; must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in ISU Rules (Rule 501) Accessories & props are not permitted; no part of the costume may be used as any support in a lift | | Costume and Prop Referee + Judges Deduction: -1.0 per program |
| Illegal Elements/ Movements | See list on page 16 | | Technical Panel -2.0 per violation |

Free Dance Required Elements: Pre-Juvenile, Juvenile, Pre-Novice, Novice

| | Pre-Juvenile | Juvenile | Pre-Novice | Novice |
|---|---|---|---|---|
| Lifts | <p>Maximum 1 Short Lift Called to maximum Level 2</p> <p>Maximum 7 seconds Choice of straight line, curve or stationary lift</p> | <p>Maximum 1 Short Lift</p> <p>Maximum 7 seconds Choice of straight line, curve or stationary lift</p> | <p>Maximum 2 Short Lifts</p> <p>Maximum 7 seconds each Choice of straight line, curve, stationary or rotational lift</p> | <p>Maximum 2</p> <p>Choice of 2 different short lifts maximum 7 seconds each OR 1 combination lift maximum 12 seconds The 2 lifts forming the combination lift must be of a different type</p> |
| Dance Spins | <p>Maximum 1 Called to maximum Level 2 Simple or combination type</p> | <p>Maximum 1 Called to maximum Level 2 Simple or combination type</p> | <p>Maximum 1 Simple or combination type</p> | |
| <p>Step Sequences</p> <p>Other required elements may not be performed in the StSq</p> <p>Judges will reduce the GOE for Not Permitted Elements in the StSq</p> | <p>Maximum 1 Style B Circular, midline or diagonal Performed in hold Called to maximum Level 2</p> | <p>Maximum 1 Style B Circular, midline or diagonal Performed in hold</p> | <p>Maximum 1 Style B Circular, midline or diagonal Performed in hold</p> | <p>Maximum 2 performed in any order 1 Style B performed in hold 1 One-foot step sequence: not touching; turns performed on one foot by each partner and must be started with the first turn at the same time</p> |
| | <p>Specifications to Style B</p> <ul style="list-style-type: none"> • 1 retrogression not exceeding 2 measures of music is permitted • Separations permitted - no more than 2 arm lengths apart; not exceeding 5 seconds • Loops not permitted; however, a narrow loop is an acceptable shape in the retrogression • Hand-in-hand hold not permitted with fully extended arms • Stops not permitted (dance spins and pirouettes are stops) | | | |
| Synchronized Twizzles | <p>Maximum 1 set of Synchronized Twizzles (evaluated as one unit with a Level given for each partner)</p> <p>Pre-Juvenile, Juvenile, Pre-Novice:</p> <ul style="list-style-type: none"> • At least two twizzles for each partner with up to three steps between twizzles; Pre-Juvenile called to maximum Level 2 • Partners may touch between twizzles, but this will not be considered for the level <p>Novice:</p> <ul style="list-style-type: none"> • At least two twizzles for each partner with a minimum of 2 and up to 4 steps between 1st and 2nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step) - • Partners must be in contact at some point between the 1st and 2nd twizzles | | | |
| Choreographic Elements | N/A | | <p>Maximum 1 Choice of Choreographic Lift, or Twizzling Movement performed after the required lifts & twizzles; or Choreographic Spinning Movement, Sliding Movement, or Character Step Sequence performed anywhere in the program</p> | |

Free Dance Required Elements: Junior, Senior

| | Junior | Senior |
|--|---|---|
| Lifts | <p>Two (2) different type Short Lifts (maximum 7 seconds each)</p> <p>OR</p> <p>One (1) Combination Lift (maximum 12 seconds)</p> <p>The 2 lifts forming the Combination Lift must be of a different type</p> | <p>Three (3) different type Short Lifts (maximum 7 seconds each)</p> <p>OR</p> <p>One (1) Short Lift and one (1) Combination Lift (maximum 12 seconds)</p> <p>Short Lift must be a different type than in the Combination Lift)</p> |
| Dance Spins | One (1) Dance Spin (Spin or Combination Spin) | |
| Step Sequences Other required elements may not be performed in the StSq Judges will reduce the GOE for Not Permitted Elements in the StSq | <p>Two (2)</p> <ul style="list-style-type: none"> • One (1) Step Sequence, in hold, Style B: Specifications to Style B, Free Dance 2019/20: <ul style="list-style-type: none"> ○ Retrogression – one (1) permitted – must not exceed two measures of music ○ Separations permitted, no more than 2 arms length and must not exceed 5 seconds ○ Loops NOT PERMITTED: a narrow loop is an acceptable shape in the retrogression ○ Hand-in-hand hold – NOT PERMITTED WITH FULLY EXTENDED ARMS ○ Stops – NOT PERMITTED • One (1) One-Foot Step Sequence, Not Touching (evaluated as one unit with a Level given for each partner) <ul style="list-style-type: none"> ○ Turns performed on one foot by each partner and must be started with the first turn at the same time | |
| Synchronized Twizzles | <p>One (1) set of Synchronized Twizzles (FD Variation) Specifications for Season 2019/20: (evaluated as one unit with a Level given for each partner)</p> <ul style="list-style-type: none"> • At least two twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1st and 2nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step) • Partners must be in contact at some point between the 1st and 2nd Twizzles | |
| Choreographic Elements | <p>Two (2) different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p> | <p>Three (3) different Choreographic Elements</p> <ul style="list-style-type: none"> • 1 of which must be a Choreographic Character Step Sequence • 2 additional chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement |

Marking

Pattern Dance: Judges mark the quality of execution of each Section/Sequence of the Pattern Dance using the Grade of Execution scale +5 to -5. The number of Sequences and/or Sections determines the number of GOEs for the given dance. Four Program Components are assessed (Skating Skills, Performance, Interpretation, Timing).

Rhythm Dance and Free Dance: Judges mark the quality of execution of each element using the Grade of Execution scale +5 to -5. Five Program Components (Skating Skills, Transitions, Performance, Composition, and Interpretation/Timing) are assessed

Evaluating the GOE of Sequential and Synchronized Twizzles, the One Foot Step Sequence – Not Touching, PSt: Judges will evaluate these elements as a unit and must base their GOE on the quality of execution of BOTH partners.

See page 10 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU Communication 2257 along with the Program Component marking guides.

The Referee and Judges also apply deductions for certain violations.

Additional information pertaining to Rhythm Dance and Free Dance

Pattern of Step Sequences

The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is clearly not recognizable, there will be a required reduction by the Judges for incorrect pattern

Illegal Elements –Technical Panel identifies and deducts accordingly

Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners

Lying on the ice

Illegal Lift Movement/Pose:

The following movements and/or poses during the lift are illegal, however a brief movement through poses will be permitted if it is not established (sustained) or if it is used only to change pose:

- sitting on the partner's head
- standing on the partner's shoulder
- lifted partner in upside down split pose (with sustained angle between the thighs more than 45 degrees)
- lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s) or without the assistance of hand(s)/arm(s)
- point of contact of the lifting hand(s)/arm(s) of the lifting partner with any part of the body of the lifted partner is sustained with the fully extended arms higher than the lifting partner's head (the supporting arm must be sustained and fully extended above the head)

Definition of Choreographic Elements

Choreographic Lift: Dance Lift of minimum three (3) seconds and maximum ten (10) seconds, performed after all the other required Dance Lifts

Choreographic Spinning Movement: spinning movement performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold.

The following requirements apply:

- On one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three
- On a common axis which may be moving

Choreographic Twizzling Movement: twizzling movement performed after the required Set of Twizzles, composed of 2 parts.

The following requirements apply:

- For both parts: on one foot or two feet or a combination of both
- For the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
- For the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both

Choreographic Sliding Movement: performed anywhere in the program, during which both partners perform controlled sliding movements on the ice.

The following requirements apply:

- Continuous controlled sliding movement by both partners at the same time on any part of the body
- May be in hold or not touching, or a combination of both and may also rotate
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreograph Sliding Movement and a deduction for Fall/Illegal Element is applied.

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program
- Must be placed around the short axis (within 10 metres on either side of the short axis) and must proceed from barrier to barrier
- May be in hold or not touching
- Touching the ice with hand(s) is allowed
- Distance between partners is permitted as a maximum of 4 arms lengths apart (4 metres)

Links to ISU and Skate Canada documents

In instances of discrepancies, Junior and Senior events, ISU rules take precedence.

ISU Rules, Communications and Technical Resources:

- [ISU Special Regulations & Technical Rules Singles & Pair Skating and Ice Dance 2018](#)
- [2019-2020 ISU Handbook for Technical Panels Ice Dance](#)
- [2019-2020 ISU Handbook for Referees and Judges](#)
- [2019-2020 ISU Handbook for Ice Dance Officials – Pattern Dances](#)
- [ISU Communication 2241 – Tea-Time Foxtrot](#)
- [ISU Communication 1497 - Finnstep](#)
- [ISU Communication 2239](#)
 - Technical requirements for 2019-20
- [ISU Communication 2257](#)
 - Technical rules and marking guides
- [ISU Program Components Chart 2019-2020](#)
- [ISU Additional Q&As](#)
- [ISU Deduction Chart Rhythm Dance & Free Dance](#)

- [ISU Who is Responsible](#)

Skate Canada Rules and Technical Resources:

- [Competitive Competition Program Requirements Rule](#)
 - Defines well-balanced program requirements by category
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions
- [Pattern Dance Competition Technical Requirements Guide](#)
 - Contains all dance patterns and information needed for pattern dance competitions
- [Skate Canada Ice Dance Quick Reference Guide](#)
 - Contains concise summaries of technical requirements for all competitive Ice Dance categories in competition.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

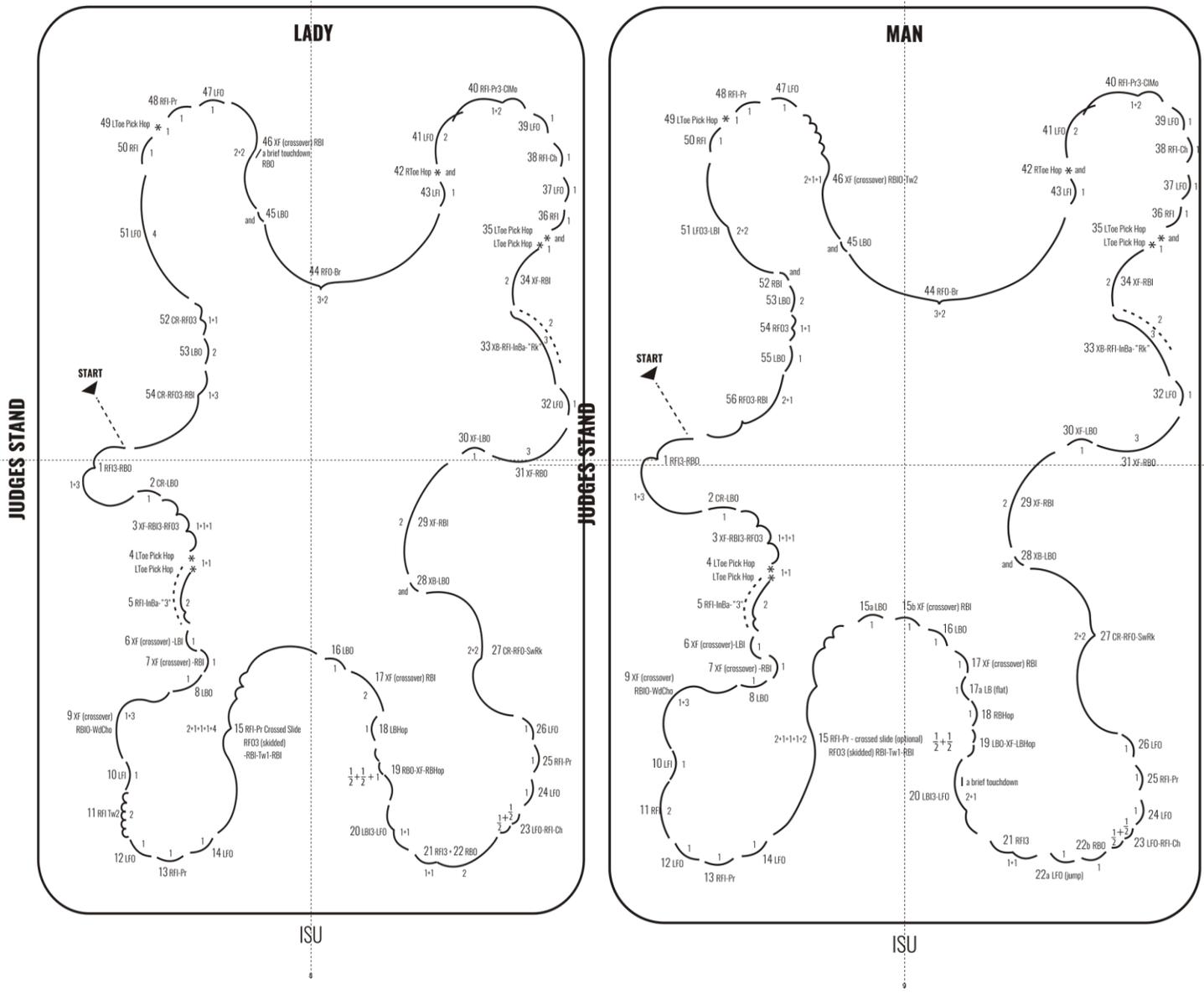
As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Singles & Pair Skating and Ice Dance for complete and authoritative rules in effect at any point in time.

Junior Rhythm Dance 2019-2020 – Tea-Time Foxtrot

| Music | Tempo | Pattern |
|--------------|---|----------|
| Slow-Fox 4/4 | 27 measures of 4 beats per minute 108 beats per minute +/- 2 beats per minute | Optional |

| | |
|----------------------------------|---------------------------------|
| Duration for one Sequence | 56.7 seconds up to 58.9 seconds |
|----------------------------------|---------------------------------|

| 2 Sequences / 2 GOEs | Section | Steps | # of Steps | 10% | 25% | 50% | 75% | 90% |
|----------------------|-------------------------|-------|--------------------|-----|-----|-----|-----|-----|
| 1TFF | 1 st Section | 1-31 | 31/35 = average 33 | 3 | 8 | 16 | 25 | 30 |
| 2TFF | 2 nd Section | 32-54 | 23/25 = average 24 | 2 | 6 | 12 | 18 | 22 |

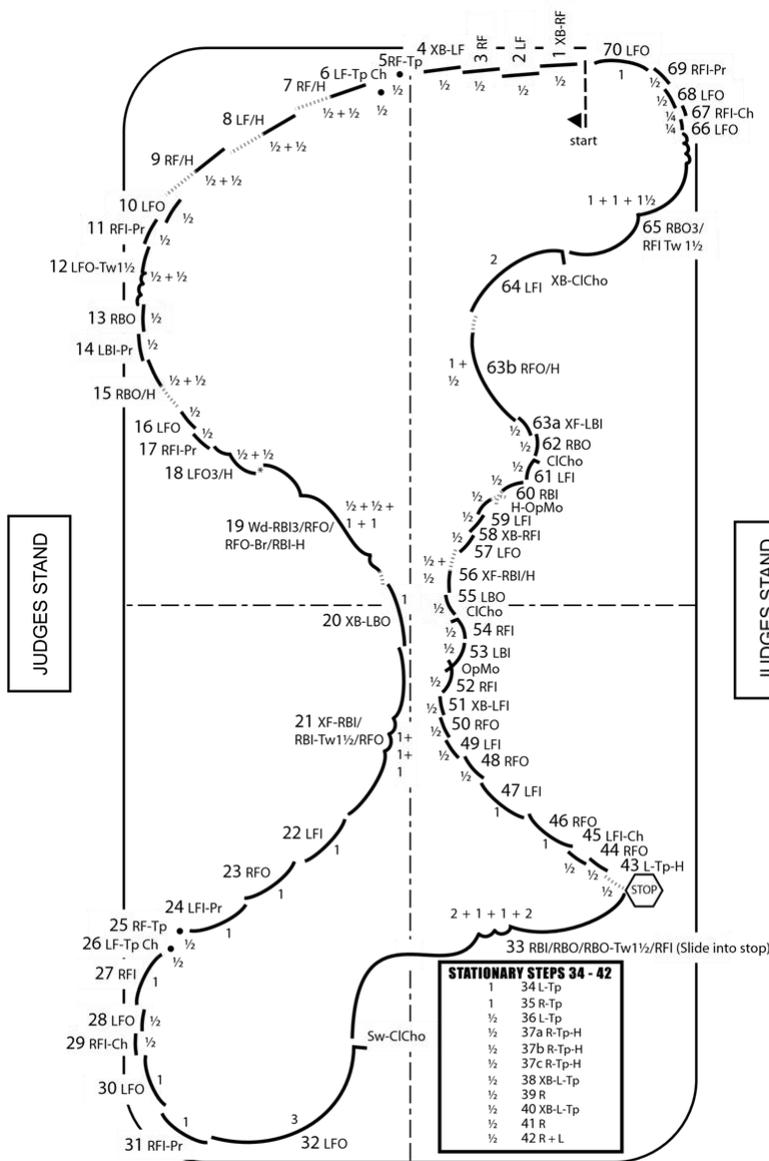


| Senior Rhythm Dance 2019-2020 - Finnstep | | |
|--|---|----------|
| Music | Tempo | Pattern |
| Quickstep 2/4 | 52 measures of 2 beats per minute 104 beats per minute +/- 2 beats per minute | Optional |

| | |
|----------------------------------|---------------------------------|
| Duration for one Sequence | 20.3 seconds up to 21.2 seconds |
|----------------------------------|---------------------------------|

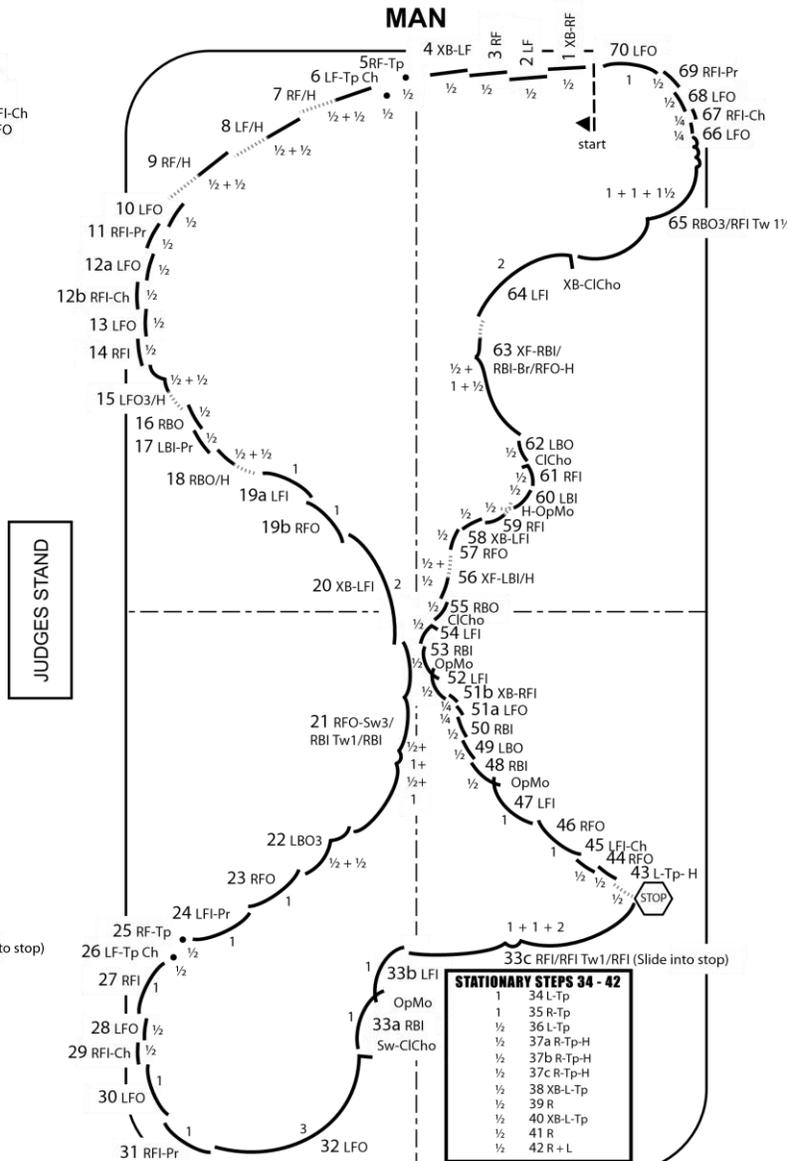
| 1 Section / 1 GOEs | Section | Steps | # of Steps | 10% | 25% | 50% | 75% | 90% |
|--------------------|-----------|-------|------------|-----|-----|-----|-----|-----|
| 1FS | 1 Section | 1-33 | 33 | 3 | 9 | 17 | 26 | 31 |

LADY



ISU 2008

MAN



ISU 2008